MCP SERVER | NO CODE | CLOUD HOSTED

Fitness Age Calculator MCP

Turn physiological data into actionable health insights.

Fitness Age Calculator MCP lets your AI agent analyze your cardiovascular and metabolic health. By processing metrics like VO2max, resting heart rate, and waist circumference, it calculates your physiological age and compares it to your actual age. You can use it to find where to focus your training or see how you stack up against your demographic peers.

A+ Quality Score 100/100

health | fitness | vo2max | cardio | wellness

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vinkius.com/en/ai-agent-connect/fitness-age-calculator

SCAN TO VIEW

The connectivity layer between AI and the world's software.

Vinkius sits between AI and every application. All communication passes through Vinkius Cloud via the Model Context Protocol (MCP) — with governance, observability, and security at every layer.

Your AI Connections Run Through Vinkius Cloud

The world's largest managed MCP catalog

Vinkius is the connectivity layer where AI connects to the software your business already runs. We handle the hosting, the security, the credentials, the uptime — you get agents that actually do things.

We operate the world's largest managed MCP catalog. Major SaaS platforms, CRMs, databases, and cloud providers — running, monitored, production-ready. This MCP server is hosted and maintained by the Vinkius Cloud for AI Agents.

> *The agent doesn't manage credentials, doesn't manage uptime, doesn't manage security. Vinkius does.*
>
> — Architecture principle

Four Pillars of the Vinkius Runtime

01 — Security by design

Credentials stay encrypted at rest via AES-256. The AI agent never touches raw keys — they're injected into a sandboxed V8 isolate at runtime. Actions are logged, and connections have an emergency kill switch.

02 — Built on MCP Fusion

This MCP server was built with **MCP Fusion**, the open-source framework (Apache 2.0) that powers the entire Vinkius catalog. Schema-as-firewall strips undeclared fields, compiled PII redaction runs at zero overhead, and cryptographic lockfiles produce git-diffable audit trails.

03 — Deterministic observability

Eight immutable metrics per endpoint: request volume, p95 latency, error rate, active connections, cost attribution. A live payload feed logs every tool call with mutation detection.

04 — Autonomous operations

Servers are deployed, monitored, and patched autonomously. New capabilities and security patches ship weekly. Zero-downtime deployments ensure continuous availability across all managed MCP servers.

AES-256	Ed25519	24h TTL	V8 Isolate
Encryption at rest	PKI vault signatures	Ephemeral session keys	Sandboxed execution

One Token. Instant Access.

Every MCP server on Vinkius is accessed through a **Connection Token**. Tokens are generated in the cloud dashboard and produce a unique MCP endpoint URL. Paste this URL into any MCP-compatible client — no SDK required.

A single token can serve **multiple AI clients simultaneously**, or you can issue separate tokens per client for granular access control. Each token tracks its own request count, last activity timestamp, and can be individually enabled or revoked.

MCP ENDPOINT

```
https://edge.vinkius.com/{token}/mcp
```

Claude · Cursor · VS Code · Windsurf · Grok · Gemini

Security Is the Architecture

Security in Vinkius is not a feature — it's the foundation of the runtime. The gateway enforces multiple independent protection layers between AI agents and third-party APIs.

01 — Ed25519 PKI Vault

Every workspace has an Ed25519 Master Key. Session keys are generated ephemerally (24h TTL) and signed by the Master Key. Credentials never leave the vault boundary.

02 — V8 Isolate Sandboxing

Tool code runs inside isolated-vm V8 isolates with 64 MB memory caps and per-request timeouts. No filesystem access, no network access except through the SSRF-guarded fetch bridge.

03 — SSRF Guard

All outbound HTTP requests are DNS-resolved and validated before execution. Private IP ranges (10.x, 172.16-31.x, 192.168.x, AWS metadata 169.254.x) are blocked at the network layer.

04 — DLP & PII Redaction

A ResponseGuard pipeline intercepts every tool response. Configurable redaction patterns strip sensitive fields (emails, SSNs, card numbers) before data reaches the AI agent.

05 — Cryptographic Audit Trail

Every request is signed into a SHA-256 hash chain with Ed25519 signatures. Events form a tamper-proof, SIEM-exportable forensic record.

06 — Honeytoken Trap System

Phantom credentials are injected into isolated environments. If a honeytoken is used outside Vinkius infrastructure, the server is quarantined instantly.

Emergency Kill Switch

EU AI Act Art. 14(1) Compliant

The kill switch is an **emergency halt** mechanism — not a simple toggle. When triggered, it executes three actions atomically:

01 — Server deactivated

The MCP server is immediately taken offline across the entire cluster.

02 — All tokens revoked

Every connection token is invalidated. Total lockout — reconnection blocked until new tokens are issued.

03 — WebSocket connections killed

Active connections terminated via Redis pubsub broadcast. Propagates to every runtime node in the cluster.

Full Visibility. Zero Guesswork.

The Vinkius cloud dashboard includes a full MCP Governance suite — real-time analytics and security controls for production AI operations.

Control Plane

KPI dashboard with request volume, latency, success rate, token consumption, and AI-generated operational briefings.

Agent Activity

Which AI clients are connecting, how often, and what they're doing — real-time session tracking.

FinOps

Cost tracking per tool, payload compression savings, budget optimization signals, and consumption trends.

Tool Health

Slowest and most error-prone tools, with actionable root-cause insights and performance baselines.

Firewall & DLP

PII redaction activity, sensitive data protection counters, and security event timeline.

Incident Log

Error trends, failure rates, status-code breakdowns, and forensic audit trail access.

> Get started at **cloud.vinkius.com** — connect your AI agent in under 60 seconds.

Fitness Age Calculator MCP

4 tools available
Cloud-hosted on Vinkius

You can now give your AI client the ability to interpret complex physiological data. Instead of just looking at raw numbers, you can use this MCP to understand what your VO2max, resting heart rate, and waist circumference actually mean for your long-term health. It translates biological markers into a single, understandable metric: your fitness age.

Once your agent has this data, it can act as a specialized health consultant. You can ask it to identify which specific metric is holding your fitness age back or request specific activity guidance based on your current status. It's a way to move past basic tracking and start making data-driven decisions about your training and metabolic health. Whether you're looking to see how you compare to others in your age group or trying to figure out which physiological lever to pull next, this MCP provides the math to back it up.

Core Capabilities

01 — Age Gap Analysis

Your agent calculates the difference between your biological fitness and your actual age.

02 — Demographic Benchmarking

The AI compares your metrics to people in your same age and gender group.

03 — Targeted Improvement Planning

Your agent identifies the single most impactful metric to change to improve your health score.

04 — Activity Guidance

The AI suggests specific activity levels based on your current physiological data.

One Click on Vinkius — From Prompt to Execution

Available at **vinkius.com/en/ai-agent-connect/fitness-age-calculator** — connect your AI agent in three steps.

01 Connect the MCP to your client like Claude or Cursor via Vinkius.

02 Provide your physiological metrics such as VO2max and resting heart rate to your agent.

03 The agent uses the tools to process your data.

04 You receive a clear breakdown of your fitness age and improvement paths.

Connecting this MCP to your AI client gives your agent immediate access to health calculation tools.

Built For

This MCP is built for anyone looking to move beyond basic step counting and into deep physiological analysis.

Fitness Enthusiasts

Users who want to see how their training impacts their biological age.

Health Coaches

Professionals who want to provide data-backed activity recommendations to clients.

Data-Driven Athletes

People who use VO2max and heart rate data to optimize their performance.

What Changes When You Connect

01 Converts raw biological data into a single fitness age metric.

02 Pinpoints the specific metric that offers the most room for improvement.

03 Provides context by comparing your stats to your demographic peers.

04 Generates activity recommendations based on your actual physiological state.

Real-World Applications

Training Optimization

Use the improvement potential tool to decide if you should focus on cardio or metabolic health.

Progress Tracking

Monitor how changes in your resting heart rate affect your overall fitness age over time.

Competitive Benchmarking

Check your percentiles to see how you rank against others in your age group.

Personalized Coaching

Ask your agent for specific activity guidance after you input your latest health metrics.

4 Tools Available

#	TOOL	DESCRIPTION
01	`calculate_fitness_age`	This tool calculates your physiological age based on your current health metrics and compares it to your chronological age.
02	`evaluate_improvement_potential`	This tool identifies which specific physiological metric you should target to most effectively lower your fitness age.
03	`get_activity_recommendations`	This tool provides specific guidance on activity levels tailored to your current physiological status.
04	`get_fitness_percentile`	This tool compares your specific health metrics against your demographic peer group to show your relative standing.

See It in Action

Real prompts you can use once this MCP is connected to your AI agent through Vinkius Cloud.

U Calculate my fitness age. I am a 35 year old male with a VO2max of 45, resting heart rate of 60, waist circumference of 85cm, and I am active.

Your fitness age is 31. You are in a great position with a fitness age that is 4 years lower than your chronological age.

U How does my VO2max of 35 compare to other 40 year old females?

A VO2max of 35 puts you in the 65th percentile for your age and gender group.

U What should I focus on to improve my fitness age?

Your primary driver for improvement is your VO2max. Increasing your aerobic capacity could reduce your fitness age by approximately 3 years.

Frequently Asked Questions

01 **What metrics are needed to calculate fitness age?**

You typically need to provide VO2max, resting heart rate, and waist circumference.

02 **How does this MCP work with my AI client?**

Once you connect it through Vinkius, your AI client can call the specific tools in this MCP to perform calculations and analysis.

03 **Can I compare my fitness to others?**

Yes, the get_fitness_percentile tool allows your agent to compare your metrics to your demographic peer group.

04 **How do I know what to do next for my health?**

The MCP includes tools to evaluate improvement potential and get specific activity recommendations based on your data.

05 **Do I need to host this myself?**

No, Vinkius hosts and manages the MCP so it is ready to use as soon as you connect your client.

Go Live in 60 Seconds

Get your connection token from **cloud.vinkius.com**, then paste the endpoint URL into any MCP-compatible client.

YOUR MCP ENDPOINT

```
https://edge.vinkius.com/[TOKEN]/mcp
```

CLIENT	WHERE TO CONFIGURE
Claude AI	Profile → Customize → Connectors → "+" → Add custom connector → Paste endpoint
Cursor	Settings → Features → MCP Servers → "+ Add New MCP Server" → Type: SSE → Paste endpoint
VS Code	Ctrl/Cmd+Shift+P → "MCP: Add Server" → add `"fitness-age-calculator": { "url": "…" }`
Windsurf	MCP Settings → `mcp_settings.json` → Add endpoint URL
ChatGPT	Settings → Tools & plugins → Add MCP server → Paste endpoint
Gemini	Extensions → Add MCP Server → Paste endpoint URL

ASK AN AI ABOUT THIS

Let your preferred AI explain this MCP server

- Ask ChatGPT
- Ask Claude
- Ask Perplexity
- Ask Gemini
- Ask Grok

READY TO CONNECT

Fitness Age Calculator is live on Vinkius Cloud.

Get your connection token, paste it into your AI agent, and start building. No SDK. No deployment. Just results.

Start at cloud.vinkius.com →

vinkius.com · support@vinkius.com

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DOCUMENT INFORMATION

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Platform	Vinkius Cloud for AI Agents
Endpoint	`https://edge.vinkius.com/{token}/mcp`

LICENSE & USAGE

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